



GROUP CLASS SCHEDULE

OKTOPUS MZIURI BRANCH

DECEMBER 2025

MONDAY	09:30 - 10:30	FLOW PILATES (🌀)	NATALIA M.	MS
	10:45 - 11:35	PILATES FLOW	TAMUNA R.	MS
	11:45 - 13:00	YOGA MIX	ZURA K.	MS
	14:00 - 14:50	BALLET SCULPT	NINO M.	MS
	18:15 - 19:00	FULL BODY LOWER FOCUS	SOPO J.	MS
	19:00 - 20:15	YOGA	ZURA K.	MS
	20:30 - 21:30	PILATES	ANA R.	MS
	20:30 - 21:30	DUMBBELL CROSSFIT L2	GRETA J	FA

TUESDAY	09:00 - 09:50	SQUATS + TOTAL ABS L2	ANKA D.	MS
	10:00 - 11:00	BODY BALLET L1	VIKA K.	MS
	11:15 - 12:15	DYNAMIC STRETCHING	VIKA K.	MS
	12:30 - 13:30	YOGA THERAPY	ANASTASIA M.	MS
	14:45 - 15:45	FLOW PILATES	NATALIA M.	MS
	18:15 - 19:00	FULL BODY LOWER FOCUS	MARIAM CH.	MS
	19:15 - 20:15	FULL BODY STRETCHING	NINO M.	MS
	20:30 - 21:15	PILATES	TAMUNA R.	MS
	21:30 - 22:00	TOTAL ABS L2	MERAB M.	MS

WEDNESDAY	09:30 - 10:30	BIG BALL PILATES (🌀)	NATALIA M.	MS
	10:45 - 11:30	PILATES FLOW	TAMUNA R.	MS
	11:45 - 12:45	YOGA MIX	ZURA K.	MS
	14:00 - 14:50	BALLET SCULPT	NINO M.	MS
	15:00 - 16:00	SOUND HEALING	LIKA E.	MS
	19:00 - 20:15	FITNESS YOGA L2	ZURA K.	MS
	20:30 - 21:30	PILATES	ANA R.	MS
	20:30 - 21:30	DUMBBELL CROSSFIT L2	GRETA J	FA

SIGNATURE CLASSES, ACCLAIMED INSTRUCTORS, TRANSFORMED BODIES.

CLASSES AND INSTRUCTORS ARE SUBJECT TO CHANGE. ADVANCE BOOKING REQUIRED. VISIT OKTOPUS.GE OR DOWNLOAD THE APP TO MANAGE YOUR BOOKINGS AND FIND NEW OBSESSIONS





GROUP CLASS SCHEDULE

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DECEMBER, 2025

THURSDAY	09:00 - 09:50	SQUATS + TOTAL ABS L2	ANKA D.	MS
	11:15 - 12:15	DYNAMIC STRETCHING	VIKA K.	MS
	12:30 - 13:30	YOGA THERAPY	ANASTASIA M.	MS
	14:45 - 15:45	BIG BALL PILATES	NATALIA M.	MS
	19:15 - 20:15	FULL BODY STRETCHING	NINO M.	MS
	20:30 - 21:15	PILATES	TAMUNA R.	MS
	21:30 - 22:00	TOTAL ABS L2	SABA J.	MS

FRIDAY	08:30 - 09:15	SQUATS + TOTAL ABS L2	ANKA D.	MS
	09:30 - 10:30	BARRE PILATES (🏠)	NATALIA M.	MS
	10:45 - 11:30	PILATES FLOW	TAMUNA R.	MS
	11:45 - 12:45	YOGA MIX	ZURA K.	MS
	14:00 - 14:50	BALLET SCULPT	NINO M.	MS
	19:00 - 20:15	YOGA	ZURA K.	MS
	20:30 - 21:30	PILATES	ANA R.	MS
	20:30 - 21:30	DUMBBELL CROSSFIT L2	GRETA J	FA

SATURDAY	13:00 - 13:50	PILATES	ANA R.	MS
	14:00 - 14:50	FACE SCULPTING	NATIA U.	MS
	15:00 - 16:00	FULL BODY STRETCHING	NINO M.	MS
	16:15 - 16:45	TOTAL ABS	SABA J.	MS

SUNDAY	10:15 - 11:00	TIBETAN BOWL YOGA	ANASTASIA M.	MS
	12:15 - 13:00	STRETCHING	NINO M.	MS
	13:15 - 14:15	FACE SCULPTING	NATIA U.	MS

CLASS LEVEL GUIDE

L2 - INTERMEDIATE

L3 - ADVANCED

🏠 - PAID CLASS

STUDIO KEY

MS - MAIN STUDIO

FA - FUNCTIONAL AREA

RS- REFORMER STUDIO